

## DO YOU BREATHE?—DYNAMIC BREATHING WILL BRING POWER AND PEACE



Dynamic breathing means learning to use the big flat muscle called the diaphragm, which forms the floor of the chest cavity.

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Do you know how to breathe?

Do you know you can live  
**LONGER AND BETTER** if you learn  
to breathe?

Do you know most people breathe  
involuntarily all the time, else they  
would die. Few breathe voluntarily,  
purposely, properly!

They know nothing of the power

and peace that comes from dynamic  
breathing—forceful breathing, with  
action in all the vital parts of the  
body.

When you breathe properly—**DY-  
NAMICALLY**—each intake of breath  
means the inhalation of youth, while  
the air when expelled from the body  
carries old age with it.

The body is a machine which must  
have fuel to keep steam up. **Oxygen**